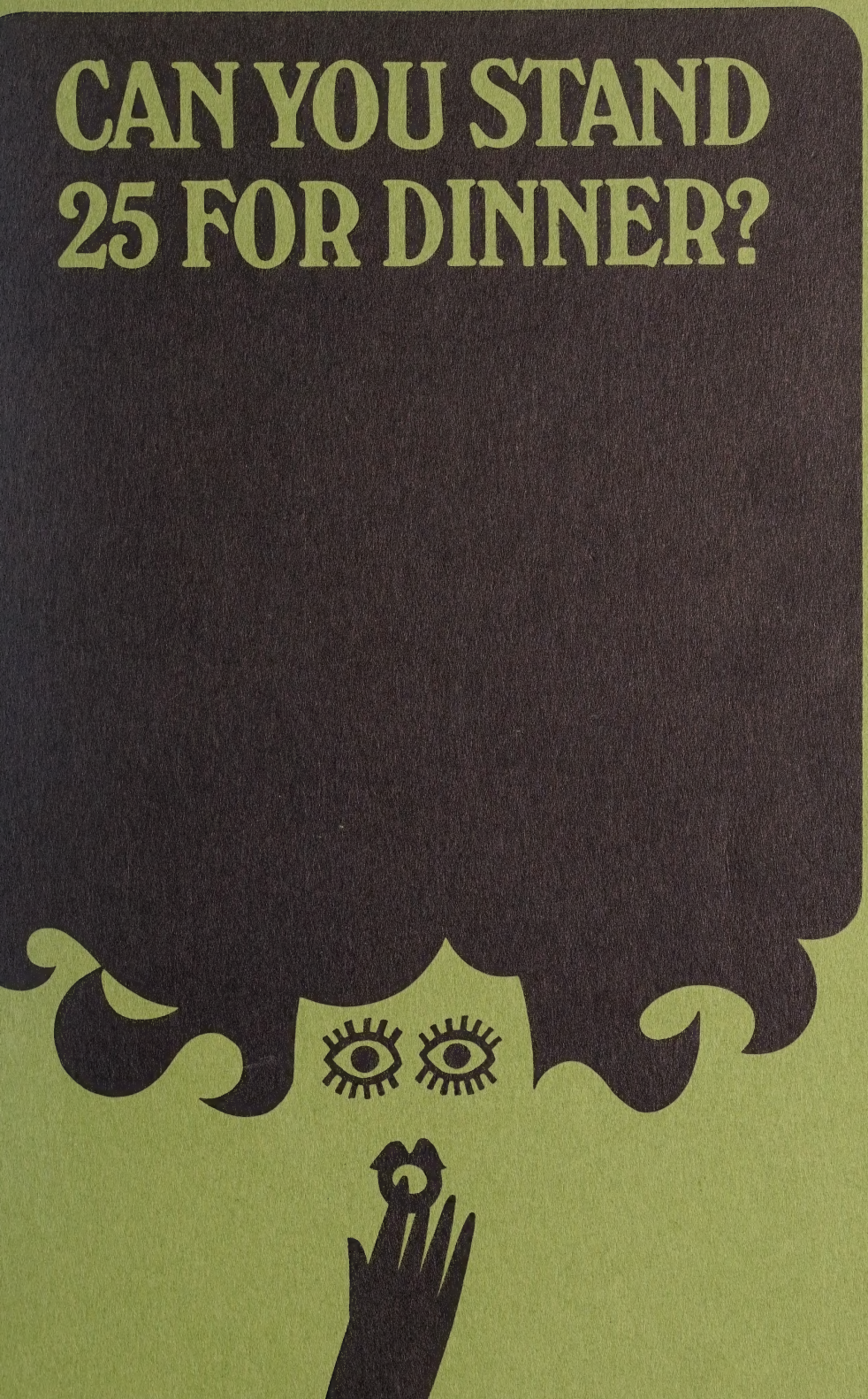
CAN YOU STAND 25 FOR DINNER?



Dedicated to the many men who have eaten their way through these recipes, served from 1960 to 1966 by the Junior Women's Committee of The Art Gallery of Ontario, formerly The Art Gallery of Toronto.

Recipes throughout are in quantities for 25 people. For 12½ people, divide by two.

DESIGNED BY
DENNIS BRUCE

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A ROMAN FEAST

LASAGNE
GREEN SALAD
MIXED BREAD STICKS
SPANISH MELON
ALMOND COOKIES

"It said nothing to me, and I said nothing to it."
Marshall McLuhan.

LASAGNE

2 green peppers, finely chopped (1 cup)
4 medium-size onions, finely chopped (2½ cups)
1 pound fresh mushrooms, sliced, or 2 (10-ounce) cans sliced mushrooms
9 pounds shoulder or round steak, minced
2 (28-ounce) cans stewed tomatoes
2 (14-ounce) cans tomato paste
2 tablespoons salt
2 tablespoons sugar
1 teaspoon chili powder
1½ teaspoons oregano
1¾ teaspoons basil
¼ teaspoon Tabasco sauce
4 cloves garlic, peeled
3 tablespoons salt
1 tablespoon salad oil
1½ pounds lasagne noodles
3 pounds mozzarella cheese, sliced
3 8-inch by 12-inch by 2-inch greased casseroles

Sauté green pepper in large skillet over medium GAS FLAME until translucent. Transfer to 8-quart kettle. In same skillet, sauté onions until tender; mushrooms until just tender; meat until medium rare; and add to green peppers in kettle.

Add the following to mixture in kettle and stir: stewed tomatoes, tomato paste, salt, sugar, chili powder, oregano, basil, Tabasco. Put a toothpick through the centre of each peeled garlic clove. Add to sauce. Bring to boil over medium FLAME, cover and reduce FLAME to simmer. Cook minimum of 30 minutes to obtain full flavour. Remove toothpick with garlic before continuing.

To 4 quarts boiling water, add salt, salad oil and noodles; cook over medium FLAME until tender (10-15 minutes). Drain well. Layer as follows: Lasagne, meat, cheese, meat, lasagne, meat, cheese. This can be done in the morning.

To cook, bake in a 350° GAS oven for 30 minutes.

GREEN SALAD

3 pounds head lettuce
1½ pounds leaf or bibb lettuce or endive or spinach or chicory

Wash and core greens. Dry and break into pieces. Just before serving, toss lightly with dressing. Note: Any combination of salad greens may be used.

VARIATIONS

Green Salad Bowl:

Add 2 sliced cucumbers and 2 small bunches sliced radishes to 3½ pounds tossed green salad. Garnish with 3 pounds tomato wedges, 2

wedges per salad. Serve with French, Roquefort, or Thousand Island dressing.

OIL AND VINEGAR DRESSING

1¼ cups olive oil
½ cup vinegar
1 garlic clove, pressed
¾ teaspoon salt
¼ teaspoon white ground pepper

Let dressing rest for 4 hours before serving, in order to get full flavour of seasonings.

MIXED BREAD STICKS

You will need approximately 4 dozen bread sticks. It is often possible to buy them in assorted flavours.

SPANISH MELON

4 Spanish melons

VARIATIONS:

Wash melons and cut into eight wedges, leaving skin on each wedge. Remove seeds.

OR

Cut melons into eight wedges, and remove skin (and seeds) from each wedge.

OR

Cut melons into eight wedges. Separate wedges from skin (removing seeds), cut wedges into bite-size pieces and replace pieces on skins. Insert party pick into each piece.

OR

Serve wedges with ice cream.

ALMOND COOKIES

½ cup shortening
½ cup brown sugar
½ cup butter
½ cup white sugar
1 egg
2 cups flour
2 teaspoons cream of tartar
1 teaspoon baking soda
2 teaspoons almond extract
½ cup almonds, chopped

Cream together shortening, butter and sugar. Add egg and sifted flour, cream of tartar and soda. Mix until blended, then add almond extract and almonds. Drop from spoon onto lightly-greased cookie sheet and bake in 350° GAS oven 8 to 10 minutes or until brown.

WINE

Choose a full-bodied red wine.

GROCERY CHECKLIST

Green peppers, onions, mushrooms, garlic bud, head lettuce, leaf or bibb lettuce, endive, spinach or chicory, Spanish melons.

Salt, white pepper, chili powder, oregano, basil, Tabasco, stewed tomatoes, tomato paste, white sugar, brown sugar, flour, cream of tartar, baking soda, almond extract, almonds, salad oil, olive oil, vinegar, lasagne noodles, coffee.

Shoulder or round steak, minced.

Mozzarella cheese, butter, shortening, eggs, coffee cream.

Plain or assorted bread sticks.

Wine.

"Ars longa, food shorta."
William Withrow.

A FAIR FOWL

CHICKEN PINEAPPLE
RICE RING
GREEN SALAD
PARKERHOUSE ROLLS
ICE CREAM CAKE

"Definite evidence of fowl play."
Dr. Morton Shulman.

CHICKEN PINEAPPLE

18 whole chicken breasts, boned and split (preferably dry packed)*
Salt, pepper and paprika for seasoning
1 tablespoon salt
¾ cup honey
½ cup soya sauce
1 chicken bouillon cube dissolved in ½ cup water
½ cup salad oil
½ cup sherry
2 teaspoons powdered ginger
3 10-ounce (or 2 15-ounce) cans pineapple tidbits, drained
Juice from pineapple
¾ cup sugar
4 tablespoons cornstarch
¾ cup cold water

Wash and dry chicken. Check for and remove any small pieces of bone. Season with salt, pepper and paprika. Roll into small tight shapes, skin side up, and place close together in casseroles. Use 3 8-inch-square pans or 2 2-inch by 8-inch by 12-inch pans. Roast, uncovered in a 325° GAS oven 1 hour.

In a saucepan combine salt, honey, soya sauce, chicken bouillon, salad oil, sherry, powdered ginger and pineapple juice. Heat over medium GAS FLAME.

Mix sugar, cornstarch and cold water; add to hot mixture and cook over simmer FLAME 10 minutes or until clear and thick. Add reserved pineapple tidbits.

Drain excess stock from roasted chicken (can be saved for soup). Pour pineapple sauce over chicken, heat in a 325° GAS oven 15 minutes.

*Boned, rolled chicken may be frozen before or after roasting for convenience. Sauce may be prepared up to six days in advance and stored in refrigerator. Do not freeze. Yield: 6 cups sauce.

RICE RING

4 cups water
2 cups uncooked long-grained rice
8 eggs, separated
2 cups minced parsley (or spinach, finely chopped)*
2 green peppers, finely chopped
2 small onions, finely chopped
2 cups 35% cream
¾ cup grated parmesan cheese (optional)
2 teaspoons salt
Paprika

Bring salted water to boil over high GAS FLAME. Add rice, cover saucepan, reduce FLAME to simmer and continue cooking for 20 minutes. Remove from heat**. Whip

cream, and add it along with beaten yolks and remaining ingredients. Finally, add whites beaten to a froth. Place in 2 well-buttered 9-inch ring moulds. Place moulds in water in a 350° GAS oven, 45 minutes or until set. Run knife or spatula thoroughly around sides of ring. Invert and turn out on serving plate.

*If dried parsley is used, soak in water 5 minutes and drain.

**Rice and all vegetables may be prepared ahead of time.

GREEN SALAD

See recipe described in first menu.

PARKERHOUSE ROLLS

You will need 3 dozen rolls. Butter them and place half of them in one paper bag, half in another. Close the bags. After the meat comes out of the GAS oven, put one bag in the oven for 5 minutes. Put the second bag in after the first comes out. This ensures a fresh supply of hot rolls.

ICE CREAM CAKE

1 pint orange sherbet
1 pint raspberry sherbet
1 pint lime sherbet
3 quarts vanilla ice cream
½ cup rum (optional)
2 cups pecans
1 pint 35% cream
Green food colouring

With ice cream scoop, make balls of sherbet. Place on cookie sheet and freeze until firm. Chill a 10-inch angel-cake pan in the freezer. Beat 1½ quarts of vanilla ice cream with ¼ cup rum until slightly softened. Stir in 1 cup pecans. Spoon vanilla ice cream into chilled pan to make a 1-inch layer. Quickly make a layer of half the sherbet balls; spoon ice cream around balls to complete the layer. Return to freezer. Beat remaining vanilla ice cream with remaining rum; add the rest of the pecans. Repeat sherbet layer and fill in with ice cream. Cover with foil. Return to freezer.

DAY OF THE PARTY

Remove pan from freezer, run knife around edges of pan and inner tube. Quickly dip pan in and out of luke-warm water and turn out onto serving plate. Whip cream with the green food colouring and spread on frozen ice cream cake. Garnish as desired.

WINE

A soft, light white wine.

GROCERY CHECKLIST

Parsley (or spinach), green peppers, onions, head lettuce, leaf or bibb lettuce, endive, spinach or chicory, garlic bud.

Salt, pepper, paprika, powdered ginger, green food colouring, honey, soya sauce, chicken bouillon cubes, salad oil, olive oil, vinegar, pineapple tidbits, white sugar, cornstarch, long-grain rice, pecans, coffee.

Chicken breasts, boned and split.

Eggs, butter, 35% cream, parmesan cheese, orange, raspberry and lime sherbet, vanilla ice cream, coffee cream.

Parkerhouse rolls.

Wine, sherry and rum.

"Eat, drink and be murky."
Dennis Bruce.

ROAST BRITANNIA

ROAST OF BEEF
MARINATED TOMATOES
SOUR CREAM POTATO CASSEROLE
BEANS AMANDINE
CHESTNUT SOUFFLE

"A good dinner, considering the foreign dishes."
McKenzie Porter.

ROAST OF BEEF

2 pounds mushrooms, sliced
½ cup butter
20-pound standing rib roast (boned and rolled)

Early in day, sauté mushrooms in butter. Remove beef from refrigerator at least 3 hours before cooking. Place on a rack in a roasting pan fat side up in a 325° GAS oven. Roast uncovered 3½ hours for rare meat. (It is best to use a meat thermometer.) Remove from oven 20 minutes before serving.

Make gravy using drippings, and add sautéed mushrooms.

MARINATED TOMATOES

Marinade ingredients:
1 cup lemon juice
3 cups olive oil
2 tablespoons salt
1 teaspoon ground black pepper
2 teaspoons tarragon
2 teaspoons oregano
2 teaspoons sweet basil
1 clove garlic, minced

Thoroughly mix marinade ingredients.

12 medium-size tomatoes
3 large Spanish onions

Slice tomatoes and onions as thinly as possible. Place tomatoes and onions in alternate layers in a large flat casserole. Cover with marinade and let rest overnight in the refrigerator. Gently place tomatoes and onions on a serving platter. If desired, pour extra marinade over tomatoes.

SOUR CREAM POTATO CASSEROLE

12 medium-size potatoes
2½ cups milk
½ pound butter
Salt
Pepper
8 ounces grated parmesan cheese
8 ounces grated romano cheese
2 pints commercial sour cream

Cook potatoes in boiling salted water in covered saucepan over simmer GAS FLAME until tender (about 18 minutes). Mash potatoes with milk, butter and salt and pepper to taste. Combine parmesan and romano cheese. Set aside ½ cup grated cheese mixture. Add remaining cheese to sour cream and mix well. Place mashed potatoes in two 8-inch by 12-inch by 2-inch casseroles. Cover each casserole with sour cream mixture. You can go this far in the morning, then cover the casseroles and set them aside. At cooking time, sprinkle the set-aside cheese over top of casseroles. Bake in a 350° GAS oven 20 minutes, immediately

after roast beef is removed. If cheese does not brown, broil until brown and bubbly.

BEANS AMANDINE

8 (10-ounce) packages frozen French style green beans
OR
9 (10-ounce) packages frozen whole green beans
OR
6 pounds fresh beans
Salt
Butter
4 (3-ounce) packages slivered almonds

Roast almonds on cookie sheet in a 325° GAS oven for 10 minutes or until brown. Cook frozen beans as directed on package. (Fresh beans — approximately 15 minutes). When beans are added to boiling water, the time required to bring back to boil to cook this quantity is approximately 10 minutes. Drain beans. Salt and butter lightly; mix in toasted almonds and serve.

CHESTNUT SOUFFLE

12 eggs
9 egg yolks
1½ cups sugar
6 tablespoons gelatin
¾ cup rum
3 cups canned sweetened chestnut purée*
½ teaspoon salt
1 teaspoon vanilla
3 cups 35% cream

Combine eggs, egg yolks and sugar in large bowl. Beat with electric beater until thick and pale. Soften gelatin in rum and dissolve over hot water. Beat gelatin and rum mixture quickly into beaten eggs. Transfer to monstrous bowl or preserving kettle (at least 6-quart size). Add chestnut purée, salt and vanilla and mix well. Fold in stiffly beaten whipping cream. Pour into 2 or 3 serving bowls. Refrigerate overnight or for at least 6 hours. Serve with chocolate whipped cream sauce.

SAUCE

2 cups 35% cream
¾ cup commercial or home-made chocolate sauce

Just before serving, whip cream and fold in chocolate sauce.

*Fresh chestnuts may be used — but allow yourself two hours — preferably, make it beforehand.

2 pounds chestnuts
1 cup white sugar
2 cups water
¾ cup white sugar

Place chestnuts in boiling water

to cover. Cover and cook 10 minutes. Cool and peel. Drop again into boiling water and then peel off inner skin. Combine peeled chestnuts, sugar and water. Cook over low GAS FLAME 20 minutes. Add extra sugar. Place in blender or put through sieve.

WINE

A full-bodied red, or a rosé wine.

GROCERY CHECKLIST

Mushrooms, tomatoes, lemons, garlic bud, Spanish onions, potatoes, green beans.

Salt, black pepper, tarragon, oregano, sweet basil, olive oil, vanilla, gelatin, slivered almonds, white sugar, chestnut purée, chocolate sauce, coffee.

Standing rib roast (boned and rolled).

Butter, milk, parmesan cheese, romano cheese, sour cream, eggs, 35% cream, coffee cream.

Wine and rum.

"I don't know much about cooking, but I know what I like."
Mayor Philip Givens.

A SEA CHANGE

SHRIMP ETOUFFE
RICE
AVOCADO SALAD
ROLLS
LEMON ICE

"It changed my whole palette."
R. York Wilson.

SHRIMP ETOUFFE

15 medium cloves of garlic (minced*)
5 medium-size onions, finely chopped
10 green onions, coarsely chopped
1¼ cups celery, finely chopped
5 tablespoons butter
¾ cup butter
¾ cup flour
10 cups water
52 ounces tomato purée
10 bay leaves
1/3 cup Worcestershire sauce
15 drops Tabasco sauce
5 teaspoons salt
2½ teaspoons sugar
2½ teaspoons thyme
½ teaspoon pepper
7½ pounds shrimp, deveined and partially cooked**

Sauté onions, green onions, garlic and celery in 5 tablespoons butter over medium GAS FLAME until translucent. Melt ¾ cup butter over simmer FLAME. Remove from heat, add flour and gradually blend in water. Bring to a boil over high FLAME; add sautéed vegetables, tomato purée and bring to boil again. Cook uncovered over simmer FLAME 25 minutes or until sauce is desired consistency. Add partially cooked shrimps; continue cooking for 15 minutes or until shrimp are cooked.

*In lieu of mincing, combine garlic cloves with ½ cup water and put in blender at low speed. Adjust water content in recipe.

**Frozen shrimp may be used.

RICE

5 cups uncooked, long grain rice
12½ cups boiling water
5 teaspoons salt

Bring water to boil over high GAS FLAME. Add rice to boiling, salted water. Reduce FLAME to simmer and cook covered for 20 minutes.

AVOCADO SALAD

2 cups almonds, or 2 (3-ounce) packages sliced almonds
8 avocado pears
Lemon juice
4 (15-ounce) cans grapefruit sections, drained
4 stalks celery, coarsely chopped
2 green peppers, coarsely chopped

Roast almonds on cookie sheet in a 325° GAS oven for 10 minutes or until brown. Peel pears and slice in long slivers. Dip in diluted lemon juice to prevent blackening. Add grapefruit sections, chopped celery, green pepper and toasted almonds. Toss salad with French dressing.

FRENCH DRESSING

1/3 cup vinegar
1 tablespoon paprika
1½ teaspoons salt
⅛ teaspoon pepper
1 small clove garlic or ½ teaspoon powdered garlic
¼ cup or less of granulated sugar
1 egg
1 cup olive oil

Thoroughly mix all ingredients, except oil. Add oil gradually while mixing electrically or by hand.

ROLLS

Count on approximately 1½ rolls per person. For a large crowd, it is easier if the rolls are buttered before heating and serving. Place the buns in a paper bag, close bag, and heat in a 350° GAS oven for 10 minutes.

LEMON ICE

10 cups water
5½ cups sugar
½ teaspoon salt
1½ cups strained lemon juice
½ cup strained lime juice
Green food colouring
2 tablespoons grated lemon rind

In a saucepan, combine the water, lemon rind and salt. Bring to a boil over high GAS FLAME, stirring until the sugar is dissolved. Boil the mixture, without stirring, for 6 minutes, and let cool. Stir in the strained lemon juice and lime juice, and a few drops of green food colouring. Pour the mixture into refrigerator trays* and freeze until mushy. Pour into a chilled bowl and beat with an electric beater until frothy. Put the mixture into a serving bowl, and freeze until firm. Remove from freezer 10 minutes before serving.

* If you haven't enough refrigerator trays, freeze the mixture in two or more batches.

WINE

A light, dry white wine.

GROCERY CHECKLIST

Onions, green onions, celery, garlic buds, avocado pears, green peppers, lemons, limes.

Salt, pepper, thyme, paprika, bay leaves, Tabasco, Worcestershire sauce, green food colouring, tomato purée, long-grain rice, flour, white sugar, almonds, vinegar, olive oil, canned grapefruit sections, coffee.

Shrimp.

Butter, eggs, coffee cream.

Rolls.

Wine.

"A great meal, like a woman, should never promise more than it can deliver." Harold Town.

TURKEY TALK

ROAST TURKEY
SWEET POTATO RUM CASSEROLE
MINT MOULD
FRENCH STYLE GREEN PEAS
CANADIAN PECAN PIE

"An undressed turkey? How obscene!"
Dorothy Cameron.

ROAST TURKEY

1 turkey—approximately 25 pounds

Season with salt, pepper, garlic powder and paprika. Brush skin of bird with melted butter. Cover bird with butter - moistened cheesecloth. Place turkey breast-side up on rack in roasting pan. Roast in a 300° GAS oven 15-18 minutes per pound.

Alternative — Foil Wrapped Roast Turkey, see below.

FOIL WRAPPED ROAST TURKEY

Preheat GAS oven to 450°. Time is for unstuffed chilled turkey and is approximate only. Roast 3¾-4 hours. For stuffed turkey, add 30 to 45 minutes to the total roasting time.

When turkey has cooked to within 15 to 20 minutes of total cooking time, open foil for browning. Continue roasting until turkey is tender.

SWEET POTATO RUM CASSEROLE

20 medium-size sweet potatoes

For each cup of mashed potatoes:

1 tablespoon butter or margarine
1 tablespoon evaporated milk*
1 1/16 teaspoon nutmeg
1 tablespoon rum
Salt and pepper to taste

Peel potatoes and cook in boiling salted water over simmer GAS FLAME until tender (about 15 minutes). Mash potatoes. Measure. Add butter or margarine, evaporated milk, nutmeg, rum, salt and pepper in given proportions, depending on number of cups of potatoes. Heap potatoes into 2 12-inch by 8-inch by 2-inch casseroles. This can be done in the morning and the potatoes left covered until cooking time.

½ cup melted butter
3 tablespoons grated orange rind

Heat potatoes in a 350° GAS oven until hot (about 25 minutes). Sprinkle surface with melted butter and grated orange rind. Increase GAS oven to 400°, and bake until top is lightly browned.

*If a sweeter product is desired, substitute condensed milk.

MINT MOULD

3 (20-ounce) cans pineapple tidbits, drained
Juice from pineapple tidbits
6 envelopes unflavoured gelatin
1½ cups cold water
2¼ cups mint jelly
Mint flavouring to taste
3 cups commercial sour cream

Drain pineapple tidbits. Cut in half. Soak gelatin in cold water for 5 min-

utes. Add sufficient water to pineapple juice to make 7½ cups of liquid. Heat to simmer over low GAS FLAME. Dissolve gelatin in hot liquid. Melt mint jelly in small saucepan over medium FLAME and add to hot liquid. Refrigerate until slightly thickened. Add flavouring. Beat until foamy. Fold in pineapple and sour cream. Pour into 3 greased 6-cup moulds. Garnish.

FRENCH STYLE GREEN PEAS

3½ (2-pound) bags frozen peas
2/3 cup butter
1 1/3 cup brown sugar
1½ tablespoons salt

Put peas and butter in very large pot and cook over very low GAS FLAME until peas are just done (about 20 minutes). Watch carefully. Drain well, add salt and sugar. Just before serving, heat over medium FLAME, stirring constantly, until peas are piping hot.

CANADIAN PECAN PIE

4 10-inch uncooked pie shells
4 cups pecans
12 eggs
3 cups dark corn syrup
1 cup maple syrup
1 1/3 cups brown sugar, firmly packed
½ teaspoon salt
1 cup butter, melted

Line pastry shell with pecans. Beat eggs, add corn syrup, brown sugar, maple syrup, salt and melted butter. Mix. Pour just over 2 cups of filling into each crust. Bake in a 425° GAS oven 10 minutes; reduce temperature to 350° and continue baking 40 minutes. Let pie cool well before serving.

WINE

Light red wine.

GROCERY CHECKLIST

Sweet potatoes, oranges.

Salt, pepper, garlic powder, paprika, mint flavouring, nutmeg, cheesecloth (or foil wrap), evaporated milk, pineapple tidbits, gelatin, mint jelly, brown sugar, dark corn syrup, maple syrup, pecans, frozen peas, uncooked pie shells, coffee.

Turkey.

Butter, sour cream, eggs, coffee cream.

Wine and rum.

"A bird in the hand is worth two in the whatchamacallit." Jack Bush.

VEAL ON THE RUN

VEAL PARMESAN
GREEN SALAD
LIMA BEANS
GARLIC BREAD
KIRSCH FRUIT MELANGE

"One of my pet beefs." **Frank Tumpane.**

VEAL PARMESAN

10 eggs
Salt
Pepper
6 cups bread crumbs
1½ cups grated parmesan cheese
7 pounds veal cutlets, sliced paper-thin and pounded
2 cups olive oil
52 ounces spaghetti sauce
25 thin slices fontina cheese (or mozzarella cheese)
1 cup grated parmesan cheese

Season eggs with salt and pepper. Beat lightly until pale colour. In separate bowl, mix bread crumbs and 1½ cups grated parmesan cheese. Dip each veal slice in beaten egg, and then in crumb mixture. Sauté each piece in a little hot olive oil until golden brown (about 3 minutes). Lay sautéed slices in shallow casserole. You can go this far early in the day.* Then, before serving, cover with spaghetti sauce, top with fontina cheese slices and sprinkle with 1 cup grated parmesan cheese. Heat in a 350° GAS oven 20 minutes or until cheese melts.

*If necessary, layer alternately sautéed slices of veal, sauce and fontina cheese in casserole. Increase heating time to 30 minutes.

GREEN SALAD

See recipe described in first menu.

LIMA BEANS

6 (10-ounce) packages frozen lima beans
¼ pound butter
¼ cup lemon juice
Salt, pepper

Cook beans as directed on package. When they are cooked, add the butter, lemon juice, salt and pepper to taste.

GARLIC BREAD

2 loaves French bread
1 pound butter
2 teaspoons garlic powder*

Mix butter and garlic powder thoroughly. Slice bread. Butter liberally. Place loaf in aluminum foil. Heat 15 minutes in 400° GAS oven.

*This amount of garlic powder produces a mild flavour.

KIRSCH FRUIT MELANGE

12 pounds of fruit
4 ounces almonds (blanched and halved)
2/3 cup fine granulated sugar
2 cups Kirsch

The fruit ingredients will vary according to the availability of the fruits. Use a mixture of the following: pineapples, oranges, bananas, cherries, peaches, strawberries, grapefruit, grapes, raspberries, pears.

Peel fruit and cut in little pieces. Mix all the fruit in a bowl. Sprinkle the sugar on top and pour on the liqueur, gently shaking the dish so that the fruits are properly mixed with the Kirsch. Cover tightly. Leave several hours. Transfer to serving bowl, and sprinkle the almonds on top just before serving.

WINE

A heavy white wine, or a full-bodied red.

GROCERY CHECKLIST

Head lettuce, leaf or bibb lettuce, endive, spinach or chicory, fruit, lemons.

Salt, pepper, white pepper, garlic bud, garlic powder, almonds, white sugar, grated parmesan cheese, bread crumbs, olive oil, vinegar, spaghetti sauce, fontina cheese, frozen lima beans, coffee.

Veal cutlets.

Eggs, butter, coffee cream.

French bread.

Wine, Kirsch.

"Honestly edible." David Mirvish.

A FINE KETTLE OF FISH

RESTIGOUCHE SALMON
COLE SLAW
BEAN SALAD
WHOLE WHEAT BREAD
CHOCOLATE CREAM PUFFS

"Nothing beats my wife's chicken soup, but then *it* had a head start." Gerald Gladstone.

RESTIGOUCHE SALMON

7-8 pounds Restigouche salmon
Salt
6 cups water
4½ cups vinegar
3¼ cups sugar
1½ tablespoons salt
1 bay leaf
3 teaspoons mixed herbs
2 cooking onions, sliced
2 envelopes gelatin
½ cup cold water
5 cups hot strained fish stock
2 Spanish onions, sliced as thinly as possible

Wash fish, sprinkle with salt. Refrigerate overnight. Place water, vinegar, sugar, salt, herbs and cooking onions in a large pot or roasting pan. Lay salmon in cheesecloth and place in pan. Let come to boil and simmer over GAS FLAME for 40 minutes. Remove fish. Reserve stock. Place fish on platter or on a large kitchen tray. Remove skin, if desired. Cool.

Add gelatin to cold water. Heat stock to simmer over FLAME. Stir in gelatin. Cool until lukewarm.

Place thinly sliced Spanish onions over salmon in a decorative manner. Baste with glaze. Place in refrigerator for 20 minutes. Rebaste to build up glaze, as some will have fallen off. Repeat refrigeration and basting.

If you wish, pipe mayonnaise around the onions to decorate.

COLE SLAW

1 medium head white cabbage
1 medium head green cabbage
6 carrots
3 cups mayonnaise
½ grated medium-size onion
¼ cup vinegar
2 teaspoons sugar
½ cup commercial sour cream

Wash and shred cabbages. Peel and grate carrots. Mix remaining ingredients. Add to cabbage and carrots. Refrigerate for 1 hour before serving.

BEAN SALAD

1 (15-ounce) can yellow wax beans, drained
2 (15-ounce) cans green beans, drained
1 (15-ounce) can red kidney beans, drained
1 small green pepper, diced
1 small onion, ringed

Marinade ingredients:
¾ cup granulated sugar
2/3 cup vinegar
1/3 cup olive oil
1 teaspoon salt
½ teaspoon pepper

Thoroughly mix marinade ingredients.

Marinate vegetables 12 hours in marinade. Refrigerate. Serve in salad bowl on bed of lettuce.

WHOLE WHEAT BREAD

Buy 2 loaves of unsliced whole wheat bread. Slice the bread very thin, and butter. Keep covered until serving time.

CHOCOLATE CREAM PUFFS

1 cup sifted all-purpose flour
½ teaspoon salt
1 cup boiling water
½ cup butter or margarine
4 eggs

Sift flour and salt together. Bring water to boil in medium saucepan, add butter and cook over high GAS FLAME until melted. Turn FLAME to simmer, add sifted dry ingredients all at one time. Stir vigorously until mixture does not stick to sides of pan. Remove from FLAME, cool slightly. Quickly beat in eggs, one at a time, until mixture forms a stiff dough. With wet spoon, drop by teaspoons onto cookie sheet. Bake in a 425° GAS oven 25 minutes. Yield: 28 puffs.

CREAM PUFF FILLING

3 bars French mint chocolate*
1½ pints 35% cream
6 tablespoons icing sugar
Green food colouring

Grate chocolate bars. Whip cream with sugar and colouring. Fold chocolate into whipped cream. Fill cream puffs. Serve with chocolate sauce.

*In warm weather, for easier grating, refrigerate bars first.

WINE

A full-bodied medium or dry white wine.

GROCERY CHECKLIST

Spanish onions, cooking onions, white cabbage, green cabbage, carrots, green pepper, lettuce.

Salt, pepper, mixed herbs, bay leaves, gelatin, olive oil, vinegar, icing sugar, white sugar, all-purpose flour, mayonnaise, canned yellow, green and red kidney beans, chocolate bars, green food colouring, cheesecloth, coffee.

Salmon.

Eggs, butter, sour cream, 35% cream, coffee cream.

Whole wheat bread.

Wine.

"It's food, but is it art?"
Elizabeth Kilbourn.

LUNCHEON DATE

CHICKEN SALAD
CHEESE CRESCENT ROLLS
COFFEE JELLY WITH MACAROON CREAM

"Twenty-five people!! You weren't thinking of my entire viewing audience, were you??" Elwood Glover.

CHICKEN SALAD

7 pounds chicken breasts
1½ cups pineapple tidbits
1½ cups toasted almond halves
3 tablespoons green onions, finely chopped
1½ cups celery, finely chopped
2½ cups salad dressing
¾ teaspoon salt
Pepper to taste
Paprika

Season chicken with salt and pepper, and brown in a small amount of butter or margarine in a frying pan. Add a small amount of water and simmer over GAS FLAME until tender (approximately 20-25 minutes). Cool. Remove meat from breasts and cut in small pieces.

Gently combine chicken with other ingredients. Serve in an avocado half or in a lettuce bed. Sprinkle with paprika to garnish.

Salad may be decorated with one or more of the following: grapes, melon, strawberries, cucumber, celery, carrot sticks, asparagus, pimiento.

CHEESE CRESCENT ROLLS

5 packages refrigerated quick crescent dinner rolls
4 ounces packaged grated cheddar cheese

Follow instructions on package, but sprinkle 1 teaspoon of grated cheese on triangle before rolling. Serve hot.

COFFEE JELLY

6 tablespoons gelatin
2 cups cold water
3 cups boiling water
1/3 cup fine granulated sugar
7 cups strong coffee
2 teaspoons vanilla

Dissolve gelatin in cold water. Add boiling water and sugar. Stir well. Add coffee and vanilla. Place in an ungreased 12-cup mould. Chill at least 5 hours. Turn jellied coffee onto plate and fill centre with macaroon cream.

MACAROON CREAM

3 cups 35% cream
6 tablespoons sugar
½ tablespoon gelatin
4 ounces rum
2 cups crumbled macaroons

Whip cream with gelatin. Combine with remaining ingredients.

WINE

A rosé, or a medium white wine.

GROCERY CHECKLIST

Green onions, celery, garnish for salad plate.

Salt, pepper, paprika, vanilla, gelatin, white sugar, coffee, pineapple tidbits, almond halves, salad dressing, grated cheddar cheese, macaroons, coffee.

Chicken breasts.

35% cream, butter, coffee cream.

Quick crescent dinner rolls.

Wine, rum.

CHEESE TRAY

A cheese tray for 25 will require approximately 2½ pounds of cheese. The cheese, in four large pieces, should include a soft cheese, a semi-soft, a blue and a cheddar. Provide 2 types of crackers. Be sure to take the cheese out of the refrigerator an hour before serving.

COFFEE

1 pound coffee makes 40 cups

If using instant coffee, use 3 tablespoons instant coffee per quart of water. One quart makes six coffee cups. Make coffee in a large pot. Flavour improves if the coffee is simmered for 5 minutes. Half a pint of 18% cream should suffice.

A LINE ON WINE

To serve 25 people, count on approximately 8 bottles of wine, or ⅓ bottle per person.

A WORD ABOUT GARLIC

Don't forget that one garlic bud consists of 8 or more cloves.

"That's where it's at."
Robert Markle.

THANK YOU, CONSUMERS' GAS FOR YOUR GASTRONOMICAL HELP

All recipes in this book were tested with fast, modern Natural Gas, thanks to the facilities provided by Consumers' Gas Company. We liked the way it holds the exact temperature . . . responds instantly to temperature changes . . . controls heat without overcooking . . . broils smokelessly. In fact, we think it's a gas!

The Cooks,
Junior Women's Committee,
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